Drowning in Debt? Reach Out!



NINE SHOPPING DAYS LEFT NEVER FEAR, OUR GIFT



THE SPENDER

WAHLBERG DIGS
DEEP TO ACHIEVE
AUTHENTICITY (page 17)



metre etre

Thursday, December 16, 2010 www.metronews.ca



News worth sharing.



Kids shop in the name of the law

Fifty police officers took kids around the mall to help them buy winter clothing, toys and gifts. Story, page 4.

Underage scratching

Tix aren't for kids: N.S. Gaming Corp. {page 3}

Down to b-ball business

Rainmen pre-season home opener goes tonight (page 37)

Dispirited by warm weather?

Unseasonable temperatures have some searching for holiday spirit → Tree lots as busy as ever: Operator
Flurries possible on the weekend



Laura Ferguson is dreaming of a white Christmas

"I think I have more trouble getting into the Christmas spirit because there isn't any snow," Ferguson conceded while shopping at the Halifax Shopping Centre yesterday. "When there's no snow, it doesn't feel Christmasy."

Nova Scotia has been experiencing some warmer-than-usual temperatures of late, making it feel more like early spring than the holiday season.

For some, Tuesday's 12 C peak has them shoving their Christmas spirit aside

"We haven't even put our tree up yet," said Jane McCarthy, whose living room usually boasts a decorated evergreen at this point on the calendar.

Lila Naugler, whose husband owns the Traditional Evergreen Tree Farms lot at the Halifax Forum, said it's business as usual.

"The weather doesn't seem to be both-

Hearing of a wet Christmas

If you're dreaming of a white Christmas, you may be out of luck.

- ➤ Environment Canada predicted in its winter forecast for Halifax a 47 per cent chance of there being snow on the ground come Christmas morning.
- As of yesterday, The Weather Network's 14day forecast was calling for rain — not snow — on Christmas day, with temperatures hovering just above the freezing point.

ering people. They're coming out in hordes," said Naugler, who has helped run the lot for 30 years.

"It's the season. It doesn't matter what the weather is like. Everyone who comes into the lot is happy and jolly."

Naugler said that although the warm weather isn't keeping people away, a little of the white stuff never hurts.

"The other day we had some snow flurries and everybody was just dancing



A little Charm goes a Long Way

Spring Garden Road | Halifax Shopping Centre | Mic Mac Mall | Bedford Place Mall www.charmdiamonds.com



CHARM



Pair targeting churches in scam: Cops

This is even below Scrooge.

Halifax Regional Police put out a warning yesterday about a couple who are trying to scam churches just in time for the holidays.

The couple, according to police, generally contact someone at a church and ask for money for rent, food or supplies for their children, who do exist. They often say they're trying to get an apartment

for Christmas and need a damage deposit.

"We don't know of anyone who has been taken, but we had information this has happened in the past," said spokesman Const. Brian Palmeter "And we have source information that this couple is back in the Metro area and back at it."

Church staff may be embarrassed and not want to come forward to police or they might not even

Got a tip?

Police are asking anyone who feels they have been a victim of this scam or has information to contact them at 490-5016 or anonymously through Crime Stoppers at 1-800-222-8477.

know they've been scammed, he said. Churches have been the target, but other charitable groups may scammed as well.

"We just wanted to make people aware because, unfortunately, there are people who will take advantage of people's generosity."

Palmeter said police know this has happened before in HRM, but often they don't find out about it until well after the fact, which makes it difficult to track down suspects.

"We're not trying to

suggest organizations shouldn't help people, but we would recommend against handing over cash." he said.

Instead, charities should write a cheque to the person who is owed the money (landlord, etc.) and verify the person's identity before giving money. • JENNIFER TAPLIN







An unusual Vietnamese religion struggles to survive as its refugee

Don Cherry, Toronto Mayor Rob Ford and the politics of class warfare. More at metronews.ca/ spindoctor



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Lotto tix not meant for kids' stockings: NSGC

◆ About 19 per cent of high school students received lottery tickets or scratch cards as gifts, and 86 per cent of them were given by a family member, according to a recent study



Lottery scratch tickets might fit nicely into stockings, but they're not for anyone under 19.

The Nova Scotia Gaming Corp. released a warning to parents yesterday about the dangers of introducing their kids to gambling, even if it's just a scratch 'n' win ticket.

"We're urging them to respect the age restrictions in place for lottery products and refrain from purchasing lottery products as gifts for youth," said Heather Hanson, NS-GC spokeswoman. "We just want to re-

"We just want to remind parents the same age restrictions apply for "Lottery and scratch 'n' win tickets seem like fun gifts, but it is gambling and youth should not be engaged in those activities."

MARIE MULLALLY, PRESIDENT AND CEO OF NOVA SCOTIA GAMING CORP.

lottery — 19 — as alcohol."

And it's not just the law. There is evidence that early exposure to lottery and gambling can lead to problems with gambling later in life, Hanson said.

"It could begin with something as innocent as giving a lottery ticket as a gift."



▶ The Nova Scotia Gaming Corp. is warning shoppers not to purchase lottery and scratch tickets as stocking stuffers for anyone under 19 years of age.





Kids and cops shop until they drop

○ Local police officers help more than 50 kids pick out presents at the Halifax Shopping Centre **○** Sixth annual CopShop event put on by mall





Brandon Borden set out to shop yesterday with a few things in mind: a jacket, winter boots and a light

Armed with a \$200 Halifax Shopping Centre gift card, the aspiring detective bought himself gifts that otherwise may not have made it under his tree this Christmas.

"It's fun because I never got to do this before at all," said the 11-year-old who just spent his first \$34 on a new pair of grey and black boots.

More than 50 children shared the same experience as Borden at the shopping centre's CopShop event.

Sporting blue uniforms and festive hats, members

Goodies

The shopping list of three kids Metro spoke with yesterday.

- Brandon Borden: Gym pants, winter boots, a light sabre and two Nintendo DS games.
- Nate Sellers: A red winter jacket, a neon yellow toque, winter boots, toys and a jacket for his mother (spoiler alert).
- Robert Stone: Hoping to buy "Backigan," a game most adults don't know about, he said. He was also hoping to buy a fish puzzle for his mom.

of the Halifax Regional Police helped chosen kids tick off toys, clothes and games from their wish lists Const. Phil Power, who at one point was playfully handcuffed to Borden, said the experience is hard to put into words.

"It's so emotional ... because you look and see how happy he is," said Power, who's a rookie blue. "I have four kids of my own so this hits home."

The children were recommended by a variety of sources and were chosen based on need, recognition of specific academic or sports achievements or because of volunteer efforts, a release said.

Nate Sellers, 10, said after he bought some clothes and Star Wars paraphernalia, he was going to buy a surprise gift for his mother.

"I'm going to get her a new jacket," said Sellers at his second store. "She doesn't really get anything at "It's for him. He doesn't get this opportunity. How many times can he say he has \$200 to go to the mall and buy whatever he wants and he doesn't have to worry about it?"

CONST. PHIL POWER ON BRANDON BORDEN, WHO HE SHOPPED WITH

Christmas."

The idea originated at the Halifax Shopping Centre in 2005 and has since gone national.

For the past three years, nine other shopping centres in Alberta, Manitoba and Ontario have held their own CopShop. About 300 children across the country will benefit from this year's event.

Parking ban starts with grace period

Drivers got a one-night clemency from overnight parking ban tickets on the first night.

The ban officially kicked in at just after midnight yesterday but no tickets were found on windshields later that morning.

"We understand people may still be learning about the parking ban coming into effect so we allow a one night's grace," said Shaune MacKinlay, HRM spokeswoman.

But now the kid gloves are off and police will be ticketing vehicles parked on the street between 1 a.m. and 7 a.m. It's a \$50 ticket which jumps to \$82.96 if it isn't paid in 60 days. © IENNIFER TAPLIN



"Hopefully common sense can prevail and don't hand them (tickets) out if it's not needed or not obstructing. If there's no snow, hopefully common sense prevails."

MAYOR PETER KELLY

нвм

Support for a smaller council growing

Support for a smaller HRM council is growing, according to a recent

The Nova Scotia Utility and Review Board will be examining HRM districts and determining the number of

councillors required.
Council voted in
August to keep their
numbers at 23 plus the
mayor.

But a second poll released yesterday by Corporate Research Associates shows more residents want a smaller council

Back in August 47 per cent wanted a smaller council and now that number is 69 per cent.

"Clearly there is concern for the size of council and I think the public is thinking the right way, and we need to respond accordingly," said Mayor Peter Kelly.

"I have no hesitation with supporting a reduced council."

No hearing date has been set by the UARB. Kelly said the board has hired a consultant to look at council size before they set a hearing date. © LENNIFER TAPLIN

One dead after car accident

A 52-year-old Yarmouth woman is dead and another woman remains in hospital after a car flipped on a highway near Meteghan, Digby Co. RCMP say Janet Ann Smith was the passenger in a vehicle that was travelling along Highway 101 when it went out of control and left the road Tuesday. Police say the vehicle hit the shoulder of the eastbound lane near the Second Division Road overpass.

THE CANADIAN PRESS

Suspect sought in bar robberv

The Loose Cannon bar on Argyle Street was robbed early yesterday morning. Shortly before 1:30

Shortly before 1:30 a.m., police say a man came into the bar, approached the bartender and demanded money from the till while holding a knife.

The cash from the till was given to the suspect and he fled on foot, police

No one was injured in the incident.

METRO



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Funds for harbour to come from ECBC

• PM announced federal government's contribution for dredging in Sydney last week Province, CBRM, Nova Scotia Power also giving money

Despite the fact Ottawa funded a Halifax dredging project under the Atlantic Gateway initiative, funds for the Sydney harbour dredging will be sourced from money already earmarked for Cape Breton.

Money to dredge the harbour channel will come from Enterprise Cape Breton Corp., a Crown entity devoted to remediating former mine sites and funding economic development initiatives in Cape Breton.

The vast majority of ECBC's \$19-million contribution to the dredging in-cludes "funds transferred as a result of the integration of the former Cape Breton Development Cor-poration," said ECBC spokesperson D.A. Landry.

Landry said having the allotment taken from ECBC does not affect its ability to fund other projects or fulfil all of their environmental remediation projects and human resources responsibilities. In 2009, it was an-

nounced federal dollars used for Phase 2 of the south end container terminal infrastructure project in Halifax — which included berth dredging — would come from the federal Building Canada Fund. The Halifax Port Authority,



"The question is, is every bit of Devco property cleaned up? Is it all tidied up, or are they robbing this from existing budget? At the end of the day, they should not be touching this fund."

SYDNEY-VICTORIA MP MARK EYKING an agent of the Crown,

Cecil Clarke, who had been pushing for dredging dollars, said because the project was looked at as an economic development project, it was decided the harbour would be dredged with ECBC funds, provided it didn't impact any of the Crown corporation's existing commitments.
"It's all federal treasury

dollars and the community is moving forward on its priority as a result of being able to do that," said Clarke. CAPE BRETON POST

and the federal govern-ment jointly invested in the approximately \$35-

million project.
Cape Breton North MLA

Man altar boy

An Ontario man has filed a lawsuit against Nova Scotia's Roman Catholic diocese of Antigonish, alleging one of its former priests sexually abused him as a child.

The 69-year-old man alleges he was abused in the 1950s by Rev. Malcolm MacEachern,

who was the priest of Mount Carmel parish in New Waterford at the

The plaintiff, who lives in Hamilton, Ont., alleges in the statement of claim the abuse began around 1953.

He says he was about 11 years old and an altar server at the church at the time and he claims the abuse continued for about two years.

MacEachern died in 1982

The plaintiff is seeking \$1.75 million in damages. THE CANADIAN PRESS

Suspected bawdy house shut down

Within days of a teen girl telling police she was forced into prostitution, an alleged bawdy house was shut down by police.

On Friday, a 17-year-old girl told police she was forced into prostitution.

The next day, police acted on a warrant and searched a Halifax resi-dence at 3:15 a.m.

Police seized a computer and other items but didn't make an arrest at the residence.

Darrell Robert William Fisher, 22, later turned him-

Track record

- Darrell Fisher has prior offences, including causing a disturbance, uttering threats, break and enter, and theft.
- He is now charged with living off the avails of a person under 18 years of age, procuring a person under 18 years of age, keeping a common bawdy house, assault and uttering threats.

self in. • jennifer taplin

Call centre to close, 300 jobless

The operator of a call centre in Annapolis County has announced the facility will be shut down, affecting almost 300 employees. Convergys said the doors

will close in March at its centre in Cornwallis.

THE CANADIAN PRESS

Charges in liquor store theft

A 44-year-old Upper Sackville man is facing charges in relation to three thefts from Nova Scotia Liquor Corporation stores. RCMP say the thefts oc-

curred at the NSLC on Sackville Drive, and on the Bedford Highway.



It's their most busiest weekend of the year



A judge's lament: She can't help him

Most provinces and territories have no youth mental health plans Specialized experts are scarce

At 17, he was out of school, living on his own and occasionally stealing cough syrup from drug stores in

His addiction, believed to be linked to an undiagnosed mental disorder, led to scrapes with the law, including a conviction of as-

sault with a weapon. Late last year, he made a brief court appearance that spoke volumes about the challenges mentally ill youth face when they run

afoul of the law.

The court heard the youth was in a delusional state when he pulled a knife on a woman and scratched her neck.

"I feel really bad for what happened," he told Judge Pam Williams of Nova Scotia's provincial youth court. "I'm ready to move past this now."

But the judge had heard this sort of thing before, and she made it clear she that grown frustrated with the lack of help available for the teen, whose real name can't be revealed under the Youth Criminal Jus-

tice Act.
"The system has failed miserably in supporting (the youth) and his parents for a long, long time," the judge said, adding she had little to offer him after 11 months in custody.

The sorry facts The Canadian Mental

Health Association estimates up to 20 per cent of Canadian Youth are

Non-urgent so thev must wait and wait

At the IWK Health Centre, non-urgent patients are waiting up to 14 months for an appointment.

As of October, there

Weather halts hunt for missing Cessna

Search and rescue officials say a pilot and his small plane are missing on a flight from the Montreal area to northeastern New Brunswick.

Maj. Paul Doucette of the Joint Rescue Coordination Centre in Halifax said the Cessna 310 left Saint-Hubert on Tuesday night but failed to arrive in Pokemouche, N.B.

A search was launched yesterday in the Bathurst, N.B., area with a Hercules aircraft and Cormorant helicopter, but Doucette said the effort is on hold due to bad weather.

He said the search aircraft faced poor visibility with a low cloud ceiling and freezing drizzle.

THE CANADIAN PRESS

Dartmouth man fined \$50,000 over taxes

A Dartmouth businessman has been fined more than

Derek Lawson Thomas pleaded guilty to four charges under the Income Tax Act and one charge under the Excise Tax Act

of filing false returns. The Dartmouth man

was fined \$50,682 in Dartmouth provincial court.

The Canada Revenue Agency said it laid charges after a probe revealed Thomas diverted commissions from the sale of medical and surgical products along with revenues earned through the rental of orthopaedic braces to bank accounts that were not turned over to his year-end accountants.

VON UNWERTH ATCHES.COM/HYPE

"The system has failed miserably."

TUDGE PAM WILLIAMS. NOVA SCOTIA'S PROVINCIAL YOUTH COURT

"I'm not even able to order intensive supervision in the community because our province has decided in its wisdom that the only way a youth can get intensive support ... is if it's pur-

suant to a custody order." In other words, the judge couldn't offer the youth treatment unless he was sentenced to more jail

The judge's lament has become a common refrain across Canada, where a patchwork of inadequate programs and long wait times have contributed to what some say is a troubling trend: the criminal-ization of mental illness, particularly among youth.

"It just forces us to watch these kids continue to cycle until they do enough damage to somebody to suddenly go to jail," says Megan Longley, a legal aid lawyer in Halifax.

Longley says her great-est fear is the province will not take action until one of her young, mentally ill clients kills someone - or themselves.

> affected by a mental disorder.

This represents the single

most common affliction in

this age group, the associ-

were 935 young people waiting for a mental health assessment at the

Patricia Murray, Nova Scotia's acting executive

But Murray insists the province is doing all it can to help mentally ill young

THE CANADIAN PRESS

director of mental health services, says the province is aware there's a problem.

THE CANADIAN PRESS

ation says.

OIL DISASTER

U.S. sues BP over Gulf spill

The Justice Department in Washington, D.C., yesterday sued BP Exploration and Production Inc. and eight other companies in the Gulf oil spill disaster in an effort to recover billions of dollars from the largest offshore spill in U.S. history.

The lawsuit alleges

South Koreans stopped

their cars, donned gas masks and ducked into

underground shelters

yesterday in the country's

biggest-ever evacuation

drill — a government at-

traditionally indifferent

citizens for possible new

attacks by North Korea

tempt to prepare

THE ASSOCIATED PRESS

that safety and operating regulations were violated in the period leading up to April 20. The Obama administration's lawsuit asks that the companies be held liable without limitation under the Oil Pollution Act for all removal costs and damages caused by the oil spill, including damages to natural resources.

It says that the defendants failed to keep the Macondo well under control during that period. THE ASSOCIATED PRESS

Evacuation | UN lifts | Iraq nuke | in S. Korea | sanctions

The UN Security Council yesterday lifted sanctions that prohibited Iraq from pursuing a civilian nuclear program, in a symbolic step to restore the country to the international standing it held before Saddam Hussein's 1990 invasion of Kuwait.

THE ASSOCIATED PRESS

Labour protest leads to violence in Athens



Riots erupt after 20,000 protesters march to parliament

Protesters clashed with riot police across Athens yesterday, torching cars, hurling gasoline bombs and sending Christmas shoppers fleeing in panic during a general strike against the government's latest austerity measures...

Police fired tear gas and flash grenades as the violence escalated outside parliament and spread to other parts of the capital.

Angry unions triggered the 24-hour strike to protest new labour reforms and pay cuts as Greece struggles to reshape its economy under conditions set by a 110-billion-euro (\$146-billion) international bailout. The strike also grounded flights, closed factories, disrupted hospitals and shut down trains, ferries and buses across the country.

7th seventh strike this year by unions appalled at a wave of austerity policies meant to pull Greece out of its worst financial crisis since the Second World War.

In Athens, youths wearing black masks and ski goggles used sledgehammers to smash paving stones and hurled the rubble at police. A post office near parliament briefly caught fire, forcing employees and bystanders to run for safety.

Christmas shoppers fled as rioters hurled petrol bombs wrapped in bundles of firecrackers, causing small explosions when they landed. THE ASSOCIATED PRESS



EU gives award to dissident

Empty chair set out for Cuban at human rights prize ceremony

A Cuban dissident used a video address at yester-day's award of the EU's main human rights prize to call for the release of po-litical prisoners in his homeland and for the government to end attacks on the opposition. Guillermo Farinas, a 48-

year-old psychologist and freelance journalist, was not allowed by Cuba to travel to receive the Sakharov human rights prize in Strasbourg, France.

"It is important to note that the Cuban government is very weak. And because it is weak, it is more dangerous.

GUILLERMO FARINAS, PSYCHOLOGIST AND FREELANCE JOURNALIST

He said the travel ban was "irrefutable testimony to the fact that, unfortunately, nothing changed (in Cuba)."

Farinas won the prize in October after his 134-day hunger strike helped draw attention to the plight of activists, opposition lead-ers and social critics in Cuban iails.

Previous winners of the prize include Aung San Suu Kyi and Nelson Mandela. It was awarded twice before to Cubans: In 2002 to pro-democracy activist Oswaldo Paya; and in 2005 to a dissident group, Ladies in White.

THE ASSOCIATED PRESS





Zuckerberg tops Queen

Facebook founder and CEO Mark Zuckerberg has been named Time magazine's Person of the Year for 2010. At 26, he is the youngest Person of the Year since the first one chosen, Charles Lindbergh, who was 25 when he was named in 1927, Time said yesterday. Zuckerberg beat out the Queen by just two weeks: She was 26 when she was named in 1952. Many had expected Time to choose newsmaking WikiLeaks founder Julian Assange.

Germany gives \$80M to preserve Auschwitz

Germany pledged yester-day to pay 60 million euros (\$80 million) over the next year into a fund for Auschwitz-Birkenau to preserve the barracks, gas chambers and other evidence of Nazi crimes at the former death camp, some of which are deteriorating to the point of collapse.

Germany is the largest of several countries contributing to the Auschwitz-Birkenau Fund, which was set up in 2009 to gather money to maintain the 472-acre expanse made up of the original camp, Auschwitz, and the nearby

barracks, gas chambers and other buildings are in need of urgent repair, having been worn down by the ravages of time and the pressure of more than one million visitors per year.

satellite camp of Birkenau. The camp was operated

by Nazi Germany in occupied Poland during the Second World War. More than one million people, mostly Jews, died in the camp's gas chambers or through forced labour, disease or starvation.

Museum director Piotr Cywinski first issued a worldwide appeal for help in 2008, saying 120 million euros were needed to repair the memorial site.

THE ASSOCIATED PRESS



Health costs linked to poverty: Report

20 per cent of spiralling health-care costs attributed to low income, socioeconomic status • Government agencies must work together to find solutions, says Health Council of Canada

Some 20 per cent of Canada's spiralling health-care costs can be directly attributed to low income and education levels, a new report says.

And reducing the innate health risks that poverty carries requires lifting the socioeconomic status of the country's poorest people, according to a Health Council of Canada report.

"There is a direct correlation (between) low incomes, low socioeconomic status and health," council head John Abbott says.

"And when you look at pressures on the health-care system, who is using the system, it tends to be that same group.

Abbott says solutions must come not just from national and provincial health ministries, but from all government agencies that can have a hand in poverty reduction.

We need all the ministries really sitting around and saying, 'Look, what can we do, what can we contribute to start to rebalance this in Canada?" Abbott says.

While we need the health and education ministries at the table, he says we also need the housing and industry ministers at

Abbott says new government initiatives should be assessed, in part, on their "In the short term we need to be more focused in our health prevention and health promotion strategies. But for the longer term we have to address the underlying conditions in which people find themselves."

JOHN ABBOTT, HEALTH COUNCIL OF CANADA

likely impact on health, particularly in relation to socioeconomic factors

He says he doesn't know

Closing the gap

The link between low income levels and chronic diseases such as Type 2 diabetes and heart disease is well established.

Yet, factors that make poverty itself a health risk will remain endemic among the poor unless the socioeconomic gaps themselves are closed, says a

if the health costs associated with poverty would simply be counterbalanced by new financing for social

equalization programs.

Yet while that "math

new Health Council of Canada report.

- Health promotion programs aimed at decreasing high-calorie, processed-food diets and increasing exercise levels do not penetrate society's lower reaches, where education levels tend to be
- Even if they did, the report says, there isn't the financial capacity to change to a healthier lifestyle.

can be done," the alleviation of suffering the suggested strategy produce would justify it, he savs.

TORSTAR NEWS SERVICE

Tweeting allowed in Assange hearing

Britain's judicial system is stepping into the 21st cen-140 characters at a

Freedom-of-information advocates yesterday hailed a judge's decision to allow journalists to communicate by Twitter from the bail hearing for WikiLeaks founder Julian Assange, saying it opens a door to texting and blogging live proceedings from Britain's conservative courts.

At least two journalists tweeted news that Riddle had granted Assange bail. THE ASSOCIATED PRESS

In court

- Journalists have been surreptitiously emailing and texting from courtrooms for years, risking ejection if the judge objected.
- This is thought to be the first time a judge has given explicit permission for courtroom tweeting

ADVERTISING FEATURE

Slimband® Housecall Q&A with Dr. Yau

Dr. Patrick Yau General & Bariatric Surgeon
Slimband
Weight Loss Centre

I am 37-years-old and have always struggled with my weight. After trying every diet out there, I have come to the conclusion that nothing works for me. I don't want to keep struggling with my body image and self confidence anymore; I want to finally start enjoying my life. A friend recommended the Slimband® laparoscopic band surgery. What exactly does this procedure entail? Is it just a surgical solution, or a complete support program?

The laparoscopic gastric banding procedure is a minimally invasive 30-minute, sameday surgery where a band is placed around the top most part of the stomach. Once in place, the band can be adjusted to restrict the volume of food patients can consume with each meal. When the band is properly adjusted, it generally takes just one cup of food for patients to feel full from a meal. In essence, your food portions and consumption become well controlled with this operation.

However, many patients require additional support in order to achieve long-term success. Over-eating and obesity can stem from issues other than portion control; improper food choices or emotional eating is often caused by lack of nutritional knowledge, medical issues, depression, or stress.

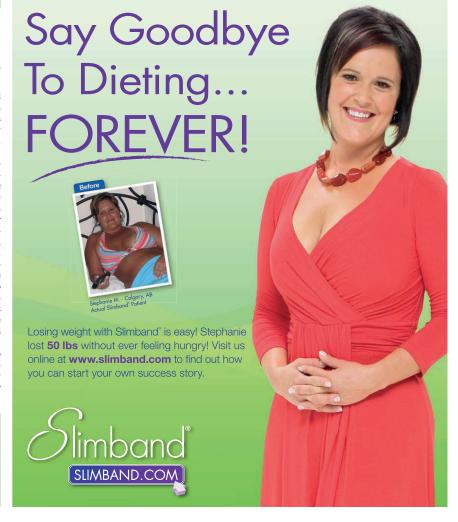
In order to develop the healthy habits necessary for weight loss and lifelong control, there needs to be more than just the surgery. Look for a clinic that offers a comprehensive program that is designed to help achieve your weight loss goals. Support such as nutritional and psychological counseling, individual and group support, as well as seminars on how to make the necessary lifestyle changes that promote weight loss and good health, all help in maximizing your weight loss. Medical studies that have analyzed various weight loss treatments have proven the most important factor for success is post-surgery follow-up.

A successful procedure needs to be part of a program run by a multidisciplinary team that tackles many challenges a patient faces during their weight loss journey.

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NOVA SCOTIA

Amherst

Town Square Mall

Antigonish

2834 Hwy. 104 Bedford

Bedford Place Mall

Bridgewater Bridgewater Mall

Dartmouth

Dartmouth Crossing

Mic Mac Mall

Burnside, 202 Brownlow Ave Diaby

305 Conway Pl.

Halifax

Bayers Lake Power Centre Halifax Shopping Centre

Park Lane Mall

6100 Young St. 1668 Barrington St.

Village Centre, 936 Bedford Hwy.

New Glasgow

New Minas

County Fair Mall

Port Hawkesbury Port Hawkesbury

Shopping Centre

Sackville

799 Sackville Dr

Sydney

Mayflower Mall 337 Welton St.

Truro Truro Mall

Windsor

Fort Edward Mall

Yarmouth

Yarmouth Mall

NEWFOUNDLAND LABRADOR

Carbonear

Clarenville Random Square Mall

Corner Brook

Corner Brook Plaza Vallev Mall

Gander

Gander Mall Grand Falls-Windson

Exploits Valley Mall

Marystown

Peninsula Mall

St. John's/Mount Pearl Avalon Mall

The Village Shopping Centre

336 Freshwater Rd.

55 Kelsey Dr.

NEW BRUNSWICK

Bathurst

Place Bathurst Mall

Campbellton

Sugarloaf Mall Edmundston Place L'Assomption

Fredericton

Regent Mall

1211 Prospect St.

Grand Falls Grand Falls Shopping Centre

Miramichi

Bridgeview Plaza Moncton

Wheeler Park Power Centre

Champlain Place Lounsbury Plaza

Saint John

McAllister Place

Shippagan

242 Boul. J.D. Gauthier

Tracadie-Sheila 3379 rue Principale

PRINCE EDWARD ISLAND

Charlottetown

Charlottetown Mall

393 University Ave

Summerside County Fair Mall

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Watchdog, credit card firms

face off over fees



◆ Visa, MasterCard say retailers can offer discounts for patrons paying with cash or debit

Canadian shoppers are paying all around higher prices because major credit card companies forbid retailers from charging credit card users a fee at the checkout, Canada's competition watchdog claims.

In an application filed yesterday with the Competition Tribunal, the Competition Bureau alleges a "no-surcharge" rule and other policies of Visa and MasterCard are "restrictive and anti-competitive."

The filing has reignited a war of words between the bureau and credit card companies, who say the rules actually protect consumers from retailers who could slap fees on transactions and discriminate against card users.

Store owners are currently charged between 1.5 per cent and three per cent per credit card transaction, but the "no-surcharge" rule prevents them from tacking on a surcharge to offset the amount. The bureau claims those fees add up to about \$5 billion per year in hidden credit card fees for Canadian merchants — who pay some of the highest levels in the world.

Competition commissioner Melanie Aitken says that encourages businesses to bury the surcharges in the prices of all their products — no matter what payment method is used.

The bureau also takes issue with credit card policies that prevent retailers from encouraging con-

sumers to use other payment options, like cash or debit, which cost retailers less, and a requirement that merchants must accept all credit cards offered by a company, including premium cards that carry higher fees for acceptance.

However, the credit card companies and a consumer association argued removing the rules would allow merchants to charge credit card users exorbitant fees while keeping current prices intact. MasterCard said if businesses were forced to charge a fee for use, it would result in a form of discrimination against credit card holders, who would have to pay more for using the cards.

Market

moment

encouraging con- The Canadian PR

By the numbers

3.2%

Improving financial market conditions and lingering low interest rates will boost Canadian economic growth to 3.2 per cent next year, slightly more robust than 2010's projected growth of 3.1 per cent, according to the latest economic outlook from RBC Economics. Growth slowed in the third quarter of this year, largely due to softness in the housing market and U.S. economy, the report said.

4.8%

New data show Canadian home sales grew in November for the fourth straight month but continued a trend of unfavourable comparisons to the same month last year, when sales reached record levels. The Canadian Real Estate Association said home resales were up 4.8 per cent last month compared to October. Home resales have also rebounded by 19.5 per cent from July, when the market hit a trough following the introduction of new mortgage rules, higher interest rates and a new tax in two provinces. THE CANADIAN PRESS

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GIMME SHELTER – THE CANADIAN VERSION



Thanks to man's hubris and God's Great Plan, this country is being walloped by extreme weather, raising the spectre of car accidents, property damage, and a slew of Canadian disaster movies with names like Snow! and The Day Saskatchewan Stood Still.

he recent bad weather
— affecting everyone
from coast to coast except Margaret Wente
and Rex Murphy — reminds us that Canada
will be hit by more calamities as
the Earth's weather patterns
change.

Deluges. Dumpings. Death from the skies. It won't be long before Environment Canada's special weather statements just say, "Pray."

Meteorologists concerned about climate change spend months analyzing information from dozens of satellites, hundreds of monitoring stations, and thousands of hands sticking out windows. Then they give up, call a press conference, and blame everything on El Ni-

That might sound imprecise, but it's a big improvement on the early 1900s, when weather prognosticators relied largely on the reactions of barnyard animals. For instance, a meteorologist would take a live chicken, throw it into the air, and make his wind readings based on the chicken's speed, direction, impact crater, and giblet radius

We at Metro care deeply

about you, the reader, because you, the reader, could one day become you, the advertiser, which is why I've prepared a special chart that explains the different levels of storm and how quickly they will kill you. You're welcome.

Category 1: Trees sway;

Category 1: Trees sway; reporters' raincoats flutter; kids go sliding. (Media designation: Snowmageddon) Category 2: Telephone wires

Category 2: Telephone wires whistle; reporters standing in the snow yell, "There's a lot of snow!"; televisions tragically lose reception late in the third period. (Media designation: Apocalypse (S)now)

Category 3: Telephone poles whistle; storm jokes appear in late-night monologues; reporters comically flap in the breeze à la Kermit the Frog in a Big Bad Wolf sketch. (Media designation:

Possible El Nino Link Storm)

Category 4: Television news executives whistle; people pray to Jesus; storm cleanses gene pool of particularly stupid surfers. (Media designation: Possible al-Qaida Link Storm)

Category 5: People pray to all available gods; crazy people yell, "You call this a storm?" then blow away; script rights for movie sold to Michael Bay. (Media designation: Award Nomination Storm).

Fortunately, winter eventually comes to an end. Then all you'll have to worry about is droughts, skin cancer, and hurricanes. Metro reminds you to have a live chicken ready, just in case.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

ICHAEL DE ADDER

\$h*! that Santa says



Worth mentioning

Santa has succumbed to Twittermania. Actually, multiple Santas of varying integrity have succumbed to Twittermania. Some are honest-to-goodness jolly old elves who want to bring joy into the hearts of children around the world. Others would like to sell you things. A few are downright rude.

Here are a few of your options:

You would not let your child watch @loadedsanta if he was on TV. He has a foul mouth and, apparently, a venereal disease.

Loaded Santa has one competitor in the "Most Vulgar" category. That would be



@RealSantaClaus, full name Santa Hussein Claus.

NORAD Santa has clout. In fact, @noradsanta is so well-connected that he appears to have hired someone to tweet for him — probably a young, nerdy elf. He's a little dry — maybe he's following military protocol? — but otherwise @noradsanta is

as good as it gets.

@NorthPolePost, who, like the others, touts himself as "the real" Santa. He tweets about how cute Mrs. Claus is and how much he loves lamb stew. He responds to tweeted letters from his fans without swearing. If St. Nick is really on Twitter, this could be him.

TORSTAR NEWS SERVICE

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Metro Minute with the Rainmen

The Halifax Rainmen make their home pre-season debut tonight, but unless you can pull some strings there's not a ticket to be found.

The 9,600 complimentary tickets Rogers Communications donated for the Halifax Rainmen's Premier Basketball League exhibition opener have all been scooped up, which will

lead to an electric atmosphere at tonight's contest at the Metro Centre.

Halifax is facing its firstever Maritime rival, the Saint John Mill Rats, who played last season in Manchester, N.H.

The Rainmen begin the regular season Jan. 2. For complete details on the Rainmen, go to rainmenbasketball.ca. • METRO









Lisa Kudrow's TV series Who Do You Think You Are? has lined up Tim McGraw, Lionel Richie and other stars who want to trace their family roots.

NBC said Tuesday that the new season of the show will also include Ashley Judd, Steve Buscemi, Vanessa Williams, Rosie O'Donnell and Kim Cattrall.

Kudrow, the former Friends star, is an executive producer for the show. She said celebrities who take part are eager to find answers about their family history.

THE ASSOCIATED PRESS



Roger Ebert's new movie review TV show to premiere in January cleared for 192 US markets.



All play and no work makes Jack happy



It's been three years since Jack Nicholson's last movie — The Bucket List with Morgan Freeman but the Hollywood icon wouldn't exactly say he's been missing a lot of

"I love it, not working," Nicholson says. "I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

proving them wrong."
His latest, How Do You
Know, finds him playing
Paul Rudd's intimidating
father, watching his son

"I'm kind of a guy who likes to prove things. Everybody always said, 'You couldn't not work.' Well, I'm kind of proving them wrong."

JACK NICHOLSON

navigate a love triangle with Owen Wilson and Reese Witherspoon.

The movie re-teams Nicholson and writer-director James L. Brooks, who has twice directed to an Academy Award. "He's kind of close to

"He's kind of close to me. It's a privilege to work with Jim," Nicholson says. "A couple Oscars didn't hurt cementing the relationship. That's how you know you're in love."

Just because they're old friends doesn't mean

Brooks goes easy on the 73-year-old actor. In fact, Nicholson says, his old pal can be a bit tough sometimes.

"This crying scene I had with Paul [Rudd], I'm doing it like this and all of a sudden [James] comes running out from the back and he says, 'I don't think we want the grips laughing around the television set in the middle of a scene like this." Nicholson remembers.

"And I thought, 'This is

a comedy. I never had direction like this.' Don't make anybody laugh! I thought, Jesus Christ. Then he forgot it! I told him this the other night and he forgot he did it. Somehow it's inspiring."

With nothing new on his agenda, Nicholson is looking forward to returning to his life of leisure.

"I like not working. I know that's kind of hideous and blasphemous, but I really do," he says. "And I think I've started to infect others of my young guys. I had a conversation with Leo [DiCaprio] and he said, 'Geez, I love not working.' I said, 'See what I mean?' I don't want to infect him."

So what keeps Nicholson busy if it's not acting? "I just like getting up some time between 11 and 1 p.m., which is not movie hours — unless you're doing night movies," he starts before listing off his current hobbies. "Play golf. I got a couple of kids in college, so I'm on the phone a lot. See my pals, chase women around. Not too much. Talk to my congressman, go to funerals."

And what about going to the Staples Center, where Nicholson can regularly be seen sitting courtside, supporting the Los Angeles Lakers?

"That's more of a job," he says with a gruff laugh. "I have to be there."

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Michael Jackson Album: Michael

Label: Sonv

The challenge here is to put aside all the pre-release chatter about this album being a cash grab. Will.i.am of the Black Eyed Peas has even denounced it as "disrespectful" to the gloved one's memory. All of that maybe true. Nonetheless, there's some decent music here. These 10 tracks, after all, have been pieced together from unfinished remnants. There are times when you're left cringing and asking aloud 'is that really Michael singing?

Considering that, the estate's production team has done some Herculean work. Indeed, it's amazing that this disc contains only two or three true dogs. There's the ridiculously self-serving Breaking News, and even 50 Cent's spurious snarl couldn't save the laughably horrid Monster. The lead single Hold My Hand is more Akon than MJ but it's already doing well on the charts. Michael has its moments. The gospel-tinged Keep Your Head Up is truly uplifting and the album's top track, (I Like) The Way You Love Me, is a surprisingly delight.

GRAHAM ROCKINGHAM



Crystal Bowersox

Album: Farmer's Daughter Label: Sony

Crystal Bowersox's ability to belt out blues rock ala Melissa Etheridge or Janis Joplin made her a favourite to win last year's American Idol. Her vintage-style vocals only got her to second place, though. So on her debut disc, Bowersox wisely tailors her talents toward a country rock audience, ala Miranda Lambert. The end result is impressive, but fails to deliver a star-making knockout punch. Bowersox's own songs sound pedestrian (with the exception of the quirky and uptempo Lonely Won't Come Around), while her hurried cover of the Buffalo Springfield classic For What Its Worth lacks the original's sense of forboding.

Top track: Lonely Won't Come Around.

GRAHAM ROCKINGHAM



R. Kelly

Album: Love Letter Label: Jive **@@@**1/

"I want to bring the love songs back to the radio" sings Robert Kelly on his tenth album. With Love Letter, his effort to do so is a valiant one, as Kells tones down the crazy quite a few notches to return to the slow jams and ballads that

built his career. This makeover succeeds most on Motown throwbacks like When A Woman Loves and Love Is, which make you question why he didn't go all the way with that homage. Still, those hoping he'd return to the silk-sheeted R&B should find solace in Love Letter.

Outstanding track: Love Is. CAM LINDSAY



Ryan Adams and The Cardinals

Album: Cardinals III/IV Label: Pax Am

Recorded in 2006, Adams' fifth album with the Cardinals saw them break from Easy Tiger's twang to

explore some spirited rock 'n' roll. Like 2005's Cold Roses, there's too much to absorb at once, but thankfully the concept is loose and the band is fully amplified, leaving Adams to fully indulge in a tribute to The Replacements. OCAM LINDSAY

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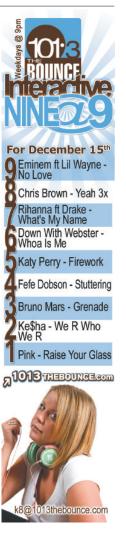
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HAPPY HOLIDAYS!









Inside a Modern Family

TV couple talk onscreen chemistry, their dream casting decisions, and how the show imitates real life

One of the best sitcoms to hit television in recent years is the Emmy award winning show Modern Family. The hilarious storylines revolve around a married gay couple who've adopted a Vietnamese daughter; an older man and his much younger vivacious Colombian wife; and a homemaker married to a big kid of a husband raising their three children.

Actors Jesse Tyler Ferguson and Eric Stonestreet play married couple Mitchell and Cameron, and Stonestreet won an Emmy this year for his comedic role. Metro sat down with the on-screen couple.

What is your definition of a "modern family?"

JTF: To me it means something that is all encompassing; all ethnicities, all sexualities and no ageism. I would hope that would be the universal term. I had never really given



en it much thought until I heard Ricky Martin refer to his family as a 'modern family,' which I thought was kind of interesting.

Has a storyline ever been stolen from your own lives and ended up on the show?

JTF: Oh yeah, lots. I had to come out to my father three times, so that was in the script. And ironically, my dad used to make T-shirts for us kids and Jay makes these T-shirts that read: Clear and Present Danger. But just so we're

clear, my father has got that I'm a gay man now!

Can you talk about how we've learned to know about your characters since we meet Cam's mother (played by Celia Weston)?

ES: I say in that episode

that she's raised many kids, a couple of barns and a whole lot of hell, so now we know that Cam has siblings who we'll eventually meet at some point. I loved working with Celia as I remember her from

watching Alice as a kid. She plays the perfect inappropriate mother who gives a lot of open mouth kisses to people she meets for the first time, which is a storyline taken from one of the writers' person-

al experiences.

JTF: We are now excited to meet who C

cited to meet who Cam's sister might be. We do casting calls in our heads all the time ... What about this person? We've cast Al Pacino in about seven different roles! Your relationship is so convincing on the show. Did it come naturally to you both?

JTF: Eric and I are so comfortable around each other. We did do a chemistry read in the very beginning but I think it comes down to the fact that we like each other as people.

We had that instant comfort zone, which was lucky for both of us.

ES: Chemistry from my perspective comes from a sort of willingness and an open heart to service the moment, the scene, the script and chemistry also comes from a desperation for your career! Like, we

desperately realized that this was a great show and we had a great opportunity to have an awesome relationship on the show, so we wanted to make this work.

METRO WORLD NEWS











Halifax Shopping Centre Mic Mac Mall

Christmas came early for Charlie Sheen

• Porn star alleges actor shouted racial slurs, choked her and threatened to kill her in hotel suite • Sheen sued Anderson for \$1M over allegations

easy this holiday season after authorities announced he's off the hook for his Plaza Hotel rampage in which Capri Anderson accused him of terrorizing her while he trashed a hotel suite, according to TMZ.

Anderson had filed a police report accusing Sheen of assault and battery, and false imprison-

"There will be no arrests made in the case," an NYPD official says. METRO



Connelly, Bettany expecting new addition to family

Jennifer Connelly and husand my life," she tells band, Bettany, looking ready to welcome another member to their family, as Connelly is expecting their second child, according to People magazine. "Becoming mother has made all the difference in terms of learning to take more responsibility for myself

the magazine. biggest thing for me is wanting my kids to grow up safely and have happy lives. To ine, that's enough." Connelly and Bettany have sevenyear-old son together, and Connelly has a another child, 13, from a previous relationship.



Hurley eager to get divorce underway



Elizabeth Hurley is reportedly in a hurry to get her divorce from Arun Nayer over with so that she can move on with new beau Shane Warne, according to

Hollyscoop.
"There will be an amicable settlement with no party giving out large portions of money," a source says. "Liz doesn't want Arun's money, and neither is Arun interested in her wealth."

Hurley announced the split on Twitter earlier this week, saying the couple had ended their relationship several months ago.

Miley not happy with friend over leaked party video

Miley Cyrus is reportedly furious with Anna Oliver, the friend who supposedly shot the video of Cyrus smoking a bong filled with salvia that hit the Internet last week, according to Hollyscoop.

"Miley is really pissed because they were close," a source says, explaining that Cyrus believes Oliver had something to do with the video leaking.

But the Disney star's anger is nothing compared to that of her fans, who went after Oliver on Twitter, forcing the young woman to deactivate her account.

METRO

Celebrity tweets



pegg] Nutritionally speaking, an egg white omelet and a side of bacon is as empowering as feasting on the still beating



Alley [Akirstie alley] I can't wait till you

all can see gorgeous Benjamin Travolta...The handsome boy is yummy...YUMMY.

heart of your worst enemy.



William Shatner [@william shatner] I've been told my

damaged star on the Canadian Walk of Fame has been fixed. I wish I could replace my face as easily.



ned: It was my turn to be ot famous for 15 minutes

Wahlberg got carried away with fight training

Mark Wahlberg admits he went a little overboard spendingwise to prepare for his role in The Fighter, in which he plays boxer Mickey Ward. "There many, many boxdollars." ing movies, and I love most of them. But I knew that the thing that would set us apart

boxer than anyone else who's done it in the past," Wahlberg tells Sports Illustrated. "I spent more mon-

ey paying my trainers and having them travel with me than I got paid by a good half a million Luckily,
Wahlberg is al-

so a producer on The Fighter, so if the Golden Globe-nominated film does well, he should be OK.

METRO

Banff TV fest to honour Mandel

Actor, comedian and game show host Howie Mandel is getting an achievement award from the Banff

was if the

more real.

fights

looked

World Television Festival. The Toronto-born funnyman will be presented with the award of distinction at a ceremony during the annual gathering of writers, producers,

broadcasters and stars.

The award recognizes a Canadian whose body of work has set the standard for excellence in Canada's entertainment industry.

Organizers say Mandel will be recognized for an impressive career that spans many aspects of showbiz. The Canadian press

life

Pumps for stunts



Angelina Jolie had her own request for stunt gear in the new movie The

Tourist - stilettos.
Jolie did her
stunts in Salvatore
Ferragamo heels.
The heel height
came down a bit
for the most active
scenes, but "she basically toughed it
out in her shoes,"
says costume
designer Colleen

The actress came to her first fitting for the caper flick wearing her own personal pair of metal-tipped stiletto pumps that would eventually become her character Elise's go-to shoes with pairs in black, camel and light pink, says Atwood, who calls the heels elegant and hardworking but "comfortable enough for 10-hour days, which was common on the

* THE ASSOCIATED PRESS



Target and William Rast form a purposeful relationship for late holiday sales Who can forget the thigh-high boots Julia Roberts wore in Pretty Woman?
 Twenty years later, tall boots are back and this time on ladies of fashion – not just ladies of the night



Get a leg up in boots that kick butt

Thigh-high boots rocked the runways a year ago, but it's taken some time for the trend to evolve and gain acceptance by a broader audience. Now, over-the-knee styles are adding a sexy-yetchic statement to skinny jeans, leggings and dresses.

"Every girl wants to be a little sexy," says footwear designer Stuart Weitzman. "Do you know an American woman who hasn't seen 'Pretty Woman'?"

Weitzman, who has made tall boots in past seasons, says over-the-knee boots are so popular now because women wear tights with many looks even miniskirts and shorts.

"They complement the new kind of dress that many, many girls are using today. It sort of breaks up the whole naked leg look and becomes an acceptable adaptation of modern dressing."

Options are plentiful: Choose a dramatic pair with a high heel, a midheight wedge or a flat-bottomed boot. They come plain or embellished with chains, buckles and studs, and with details like distressing and lacing. Depending on the style, they can add glamour to an evening ensemble or keep you warm running errands by day.

"They're sexy and fun and everyone can wear them in their own way," says Brian Atwood, just named Footwear News' designer of the year. He offers a mid-thigh platform boot with a 14-centimetre heel and also a flat shearling style. "Definitely don't be afraid of the over-the-knee boot."

The beauty of the style, he says, is that it lengthens your appearance, regardless of your height. "Trust me," he says. "It's like wearing a legging. It elongates everything."

Still, the public's collective eye needed to adjust to a style that perhaps

"Trust me. It's like wearing a legging. It elongates everything."

BRIAN ATWOOD

spurred thoughts of fetishism.

The success of the highend designer collections led retailers to realize the everyday shopper was ready for the look this year, said Avril Graham, executive fashion and beauty editor of Harper's Bazaar.

"It had been seen as a very high-fashion look and super trendy," she says. "Now, it's so much more accessible. I've been travelling across the states in the last few months and I've been noticing so many more regular women are wearing this look."

Graham advises wearing the boots with a "minimalist chic" look. Don't pair the boots with every other trend or pile on too many accessories, she cautions, and keep hemlines higher than the top of the boots.

"The look has to be a linear, long, clean silhouette," Graham says. "The whole object of this look is to keep your entire look very simple and chic."

That means close-fitting jeans or cigarette pants tucked into the boots, no flared pants or skirts and nothing flouncy. "You want to avoid having any resemblance to anything theatrical and the appearance of anything remotely looking like Pirates of the Caribbean according to Graham.

There's more variety than you might think in boot style, shaft and overall vibe, and that lets the trend live longer.

Weitzman, whose bestselling item is an over-theknee boot called 5050, says 10 to 15 per cent of boots for his pre-fall 2011 collection will reach over the knee. THE ASSOCIATED PRESS







1 LUCKY LEGS

Lucky Brand Fabia above-theknee boots; piperlime.com

2 GORGEOUS GAMS

Via Spiga Georgia flat abovethe-knee boot; piperlime.com

3 SULTRY SWAGGER

Brian Atwood above-the-knee sueded RZ boot; piperlime.com metr@style



Remix his style

Recreate this stylish and tonal look by mixing classic separates









Mulroney ties up the runwav

CTV personality Ben Mulroney is putting his own stamp on the design world.

The ETalk host has partnered with Braemore Neck-wear to produce a line of custom breast pocket squares called HNK. HNK will be available at

Holt Renfrew, Simons, Self-ridges, Gotstyle, Ted's Style Shoppe, Launch Menswear in Abbotsford, B.C., and Supreme Menswear in Cal-



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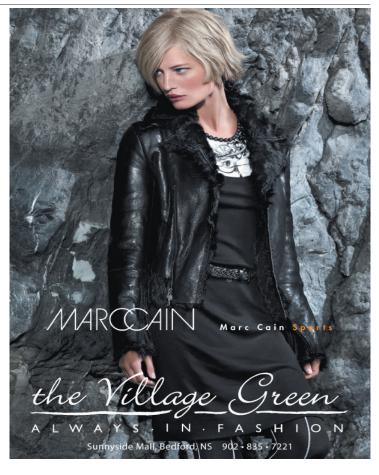
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Entertain like a designer would

Tips from HGTV's Peter Fallico on how to have the perfect holiday party

DECOR MOMENT



номь@ Keep it sim-

Reep it simple and fresh when entertaining, says Peter Fallico, host of HGTV's Home To Flip; a show that follows him through higher reaching the same and the sam him through buying, renovating, decorating and selling fixer uppers. His passion for fixing up old houses and incorporating smart decorating ideas comes through on his television shows - and in real life.

I recently interviewed Fallico at an old home he

recently purchased to renovate. Looking around the vate. Looking around the house it's clear to see that he has a lot of work ahead of him and it's hard to believe that he recently pulled off a fabulous holiday party for 40 people in the old house.

Fallico gave me his scoop on entertaining and deco-rating trends for holiday gatherings at home.

How are we entertaining differently than we did in the

past?
I think we are all craving for formality, but because of less time and busier of less time and busier lifestyles we need to keep things simple. With the trends of larger, open kitchens we are seeing more casual holiday parties rather than using a formal

How do you entertain friends and family during the

I held my annual holiday party in an old house that I've recently purchased to renovate. I created an en-tire evening using various areas of the house. I started off with drinks

in the unfurnished living room, then an informal dinner around the old kitchen/dining area. I then moved all my guests into a cosy den for after dinner drinks and watched a fun-

ny holiday movie. I filled the old fireplace (not even sure if it works yet) with a dozen candles and laid a large antique

Responsible host

- Transportation. Part of being a great host is being a responsible host. Encour aging quests to take public transit or taxis, hiring a bartender to monitor controlled alcohol pouring, have a designated driver at your party or have an extra bed ready.
- **Club Metro.** Are you hosting a holiday party? Baileys Canada and Metro want to help you be a responsible host. Enter at

clubmetro.com and you could win transportation to get your guests home safely.

Persian rug on the floor with lots of cushions. I used the dining table as a buffet table and placed it in the centre of the dining area room and I had comfort-able chairs and a large banquettes off in the corners for guests to lounge around

What's your best entertaining/party stress-

or salad; the rest comes

▶ Peter Fallico from HGTV's Hon

from a local caterer.

I try to enlist help; a friend or family member to help greet guests, take coats, help with serving up food, etc. I keep flower arrangements versatile and simple to be used after the party, and around other areas' simple lilies teamed with red branches or holy creates a clean, simple arrangement.

I don't worry about trendy colours and themes for holiday decorating. I keep to white, silver, clear glass, crystal and fresh greens; they are all classics that never go out of style.

I like fresh green scents

like pine, cedar and spruce.
I choose a type of music that sets the tone for different times of the party; classical as guests arrive, jazzier during mingling with drinks and then quieter while guests are eating. After dinner I show off my most recent collection of dance music to get my guest's spirits up and the dancing started.

I bring out all my silver,

I bring out all my silver, crystal and glass objects to create sparkly groupings for impact on buffet and coffee tables. No need in keeping it locked in a china cabinet; the holidays are the time to unleash small touches of collected luxury.

For more holiday decorating ideas and tips visit







Home-cooked charm at Lui's Formosa

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Liu's Formosa is a quirky little place with three tables and shelves of knick-knacks, cups and saucers, and specialty teas for sale.

The charming owner makes you feel like a guest in his home.

It's a short menu: my friend and I try the Spring Rolls with their crispy

metr⊕

shell and tasty veggie fill-

Our curry rice is an unexpected huge and attractive arrangement of rice topped with bits of tofu and loads of bite-size chunks of carrots and potatoes. The curry flavour is extremely milď.

The Steamed Vegetables - broccoli, cabbage, carrot, snow peas, beans and cauliflower - is nicely presented but also mildly spiced.

The Sushi is tasty — six large rolls with a combination including carrot, cucumber and mush-

My steaming hot cup of ginger tea is a soothing treat, as is my friend's

- Lui's Formosa Gift & Tea House
- Dartmouth 406.3362
- day: 11 a.m. 8 p.m.
- Rating: **1/2
- Client negotiations: No
- Licensed: No
- Time in: 1:10 p.m.
- Time out: 2:00 p.m.

large pot of Earl Gray.

The servings are so generous we leave with leftovers. and smiling encouragement to return.

- 278 Wyse Road
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Koodo INQ Chat 3G \$150 (Koodo exclusive) Perfect for social networking aficionados, the INQ Chat 3G boasts a built-in Facebook core providing automatic Facebook updates on the home screen, a camera logged into Facebook and Twitter 24/7, switching

between social pages messaging, email and text without losing threads and an umbrella inbox for all texts, messages, tweets and emails, No fixed-term contracts, Stay Social Combo Plan starting at \$40/month.

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Acer Liauid E \$19.99/ . three-year term. \$424.99 no term (Rogers) This Android 2.2 smart phone allows for easy integration with Google apps and your favourite social networks. The large 3.5inch touch screen

enables viewing of high-definition videos and features a powerful processor, five megapixel camera, built-in Wi-Fi and GPS as well as 3G speeds. Plans from \$40/month for 150 minutes, unlimited social networking/messaging/local network calling and more. Available at: Rogers stores, kiosks, rogers.com



rm (Virgin) S, this unit cess to the

with SWYPE keyboard and additional feaures. Rates start at \$40/month with the Ar

Available at: Virgin retail, The Source, Best Buy, Future Shop, virginmobile.ca



Doro 410GSM Flip \$9.99/three year term, \$24.99/two-year term (Rogers exclusive) For the mature

Canadian on your list, Doro is an easy-to-use mobile phone with large buttons and characters for simpler dialling/messag-

stylish clamshell exterior, vibrating ringer, Bluetooth wireless technology and SMS to receive text messages. Plans start at \$15/month with 100 minutes for seniors/customers looking for a simple and affordable wireless solution. Available at: Rogers stores, kiosks,



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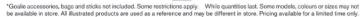


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Bring all the fun of the farm right into your own home. Bale some hay, put it in the barn silo, and turn the crank to create fun 3-D Moon Dough animals. Create fences, pastures and more. Zellers, WalMart, Toys R Us, Sears

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With the Little Mommy Feeding Fun Doll, the sweet, silly and snacky little toddler comes to life with movements and humour as she recognizes five different features and says over 60 phrases. Major toy retailers

7 TAMATOWN \$7.99

Introducing six new Gotchi friends to customize your TamaTown Tama-Go. The characters come with two games to play on the TamaTown Tama-Go. Pictured: Chamametchi. Wal-Mart, Toys 'R' Us, Zellers & Loblaws

8 WWE FLEXFORCE \$12.99

WWE fans will love the WWE Flexforce Action Figure Assortment. Come out of nowhere to take down your opponent with John Cena's Powerslam, CM Punk's Flying Clothesline and more. Major toy retailers

9 MONEY IN THE BANK \$49.99

Kids can climb their way to victory in this superstar WWE Money in the Bank Ring toy which replicates WWE's memorable "Money in the Bank" ladder match. Major toy retailers





















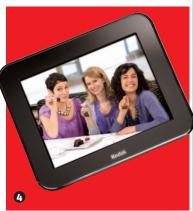
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Retail therapy

Tips on how to stay healthy while holiday shopping

The holidays are typically a hectic time loaded with events and activities from potlucks and cocktail events to office parties and family gatherings.

It's easy to indulge in a few extra treats during the festive season, and often harder to maintain regular habits to keep bodies in check - like healthy eating and exercise.

The Ontario Kinesiology Association says individuals can still find ways to stay fit and keep moving amid the seasonal hustle and bustle.Here are some of the association's tips for healthy holiday shopping:

Dress for comfort

- Wear comfortable clothes that allow you to move easily so you can increase your stride and heart rate.
- Consider shoes that have proper treads to re-

duce the risk of slipping on ice or wet floors and allow you to walk faster and more comfortably.

What to carry

- Try to carry smaller bags; the weight of your purchases can add up quickly.
- Try to carry bags on both sides to maintain balance. Awkward, onesided carrying can result in a sore back or a slip and fall.

Pack your patience • Have patience

- waiting for parking spaces or in long lines.
- Take a parking spot farther from your destination and walk the extra distance.
- While waiting in lineups practise posture exercises for your stomach, back

and bottom muscles.

Share the load

• If you are shopping with company, share the loads. Help your shopping mate and they can help you.

Plan your experience

• Know where you want to go and buy the heaviest and awkward gifts last.

gifts last.

Consider getting a locker or taking your packages back to the trunk of your car regularly as a

way to increase your exercise and reduce

your carrying load.

• Don't

forget to plan breaks and lunch times.

THE CANADIAN PRESS

Creating traditions

• Do things your family will remember for years to come

The holidays are the perfect time to take a breather – yes, that's right. Take a few minutes and think about what means the most to you and your family. You probably will find that the things that are the most meaningful are the memories you've shared through the years.

Here are a few ideas for creating great holiday traditions to incorporate into your own family's holiday celebrations.

Do it for the kids

When you create holi-

day traditions for the youngest members of your family, you will be instilling memories in them for years to come. A favourite tradition could be started with close family friends who gather together all the neighbourhood kids for a special party during December. Each child could sign their name in "Santa's Big Book" and write down what they want Santa to bring that year.

Then "magically" Santa can appear, take each

child on his knee and read aloud what the child had written.

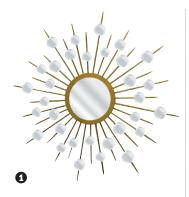
Start a collection

This is one of the easiest ways to carry on traditions from one year to the next. Find a unique "collectible," and add to it each year.

It can be as simple as unwrapping your kids' handmade ornaments and decorating a Charlie Brown tree or as elaborate as setting up tables of snow villages complete with lights and trains.

CREATORS.COM

GIFTS FOR THE CASTLE











1 SUNBURST MIRROR \$69.99

This whimsical Artika mirror is the perfect décor update for a bedroom. Pair it with an antique chest of drawers for the perfect mix of modern and traditional. Home Depot

2 BREWING SYSTEM \$249.99

Part of the Gourmet Collection, the Cuisinart Keurig single serve brewing system allows users to enjoy instant coffee, soup, tea and hot cocoa with the press of a button. Canadian Tire

3 KNIT THROW \$49.99

This gorgeous 60" x 70" chunky cable knit throw comes in brown rice and deep boulder beige and is machine washable.

4 STORAGE \$9.99

Antique book style storage is the perfect look for the den or library. Homesense

5 DECANTER \$16.99

This cut glass spirits decanter makes a perfect hostess gift. Homesense

6 MASSAGE CHAIR \$3,299.99

The Iyashi Massage Chair gives a true Shiatsu massage in a stylish, compact chair. The Air Ottoman System kneads and loosens shin and calf muscles; then neatly folds away. Features an auto body scanning system and reflexology function that stimulates massage points on your feet. Independent retailers



Turn boring into great gifts

But Gifts.com

adviser Dana Holmes says

the gloves people really need this holiday season

are the ones that are con-

vertible to fingerless ones -

or even just arm-warmers,

those extra, hand-free sleeves that are the close

cousin to the leg-warmers

of the '80s. It's the way people can stay warm and

play with the new gadget

that was also un-

der the tree.

SWEATER

personal style

is a must for a

sweater, says

Holmes, but

whether

the re-

cipient is

trendy,

frumpy

tailored or

never an option.

A sense of

wearer's

is

Some gifts can seem lastminute and impersonal even if they're actually quite lovely and usable.

quite lovely and usable.
You probably reach for
those black cashmere
gloves or light up the
vanilla-scented candle far
more often than you wear
the funky necklace or
beaded top that were under the Christmas tree last
year.

But, still, it's hard to get jazzed up about gloves, right?

Well, here's some advice on turning a potentially boring gift into a great one:

SCARVES AND GLOVES Bendel's Bucciarelli

thinks a leopard-print scarf is fail-safe. It's ageless and goes with almost any coat, yet it always updates your look, he says. "My 16-year-old daughter and my 80-year-old

mother each want one."

Nina Garcia, Marie Claire fashion director and Target style consult-

ant, says women can never have too many lace scarves: They can transform any outfit into something romantic.

She, however, is hoping Santa Claus has furtrimmed gloves with her name on them. "Everyone has gloves, but not everyone has fur-trimmed gloves," she says. "You might not think about buying these for yourself, but it's a little touch of luxury you can give to someone else."

(She also points out Santa the matching trapper hat.)

Cashmere is Macy's Lee's top choice, again because they're a bit of an indulgence, yet available at many price

A cardigan is usually a safer bet for women than crewneck or turtleneck because it is easier to adapt "as your own," she says.

The current "it" ver-

The current "it" version is a flowy, openwrap style.

And, she warns, don't go for something too fitted, gimmicky or glitzy unless you're sure that's what this person wears. Take a quick look through photo albums or Facebook photos and take note whether this person tends to wear certain colours or silhouettes.

Women don't always love other people buying their clothes because they often like doing it themselves and need

items to fit

into their

existing

but that's not typically the case for men. "Men never shop for themselves unless they're really into it, so they ex-

pect basic ties and shirts. Just don't let it be their only gift."

For a hipster, you might try introducing him to a bow tie, says trend and retail analyst Tom Julian. Any age man can wear one with the right attitude, he

says, but it's the younger man who can really rock it.

In more tradi-

tional ties, 7.5-centimetre width is the norm and a five-centimetre tie is trendy.

"I think a

tie is a great gift to give a man and this is the perfect season to do so," says Julian, author of "Nordstrom Guide to Men's Everyday Dressing." "Ties are narrower and ties are not just for suits and business. Ties will show that you know his style."

FRAGRANCE

For the friend who loves a particular designer but is watching his or her budget, a designer fragrance can be a really special gift, says Rochelle Bloom, president of the Fragrance Foundation, an industry trade group.

"If you can't afford the whole outfit, this is a way to get their fashion vibe. Designers are really involved with fragrances, especially a Marc Jacobs or Donna Karan type," says Bloom.

Also, fragrance is the perfect way to enjoy the scent of a favourite flower note - elegant rose, delicate jasmine, calming lavender - in a form sure to last much longer. THE ASSOCIATED PRESS







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Impress with wrapping

• Make your loved ones feel special with a beautifully papered present this holiday season

One of the most special parts of the holiday season is the giving and receiving of gifts. A perfectly wrapped present not only adds to that excitement, but it shows friends and family how important they are to you. That is why trend guru Lynn Spence is encouraging all Canadians to consider wrapping their presents this holiday sea-

"People underestimate the value of wrapping gifts." son, rather than using a gift

bag.
"People underestimate
the value of wrapping gifts," says Spence, style expert and frequent guest on CityTV's CityLine. "Giving someone a wrapped gift shows them you care, and nothing can replace the exhilaration of imagining what's inside, and the joy created when the gift is unwrapped and discovered."

"I really believe in making it more personal. After all, you took the time to choose the gift, why not spend a little time making it stand out?" adds Spence.

For example, use an inexpensive reproduction map to cover a gift for the seasoned traveller. Top a gift with a photograph as a way to share a favourite memory or to provide a hint of the gift inside.
"Don't be afraid to use

your imagination and be

creative," suggests Spence. Remember, you don't have to wrap gifts alone. Invite your friends over for a night of cocktails, appetizers and fun, and wrap your gifts together.

NEWS CANADA

Wrap it up in style

CityTV's CityLine style expert Lynn Spence relies on the latest style trends to draw her inspiration for creating the perfectly wrapped gift.

This season's foremost trend is an uncompromised return to the clas-

sics," says Spence.
"Expect to see choices ranging from nostalgic papers, eco-friendly papers and menswear inspired wrappings in matte shades of grey, camel and

Read on for some of her ideas on how to make your presents chic this holiday season.

Mix it Up

Move away from the traditional wrapping paper by incorporating new tex-tures, such as rice, foil and matte papers, into your wrapping repertoire this

Mixed colours and patterns are also a great way to add visual interest to your presents.

Experiment with a pliable, fabulous oversized printed wallpaper tied with a paisley ribbon for a fun, unexpected look. Go Glam

Add luxury to your packages with glamorous materials, such as metallic papers, that will make anyone feel spoiled.

inspired Fashion animal print or sophisticated quilted paper will look luxurious under the tree.

Add a satin, taffeta or velvet ribbon or pearls and crystals to add holiday luxe to your gifts.

For a more organic eco look, use recycled papers or materials such as linen, Kraft paper, fabric remnants, burlap or a fabulous vintage scarf to wrap gifts. Make It Last

Before you start wrapping gifts, Lynn offers one final piece of advice.

"Make sure to use a quality tape to ensure your packages stay sealed and look great. You can be sure that no one is peeking into that gorgeous gift before the special day arrives."

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A guy's guide to gifting

Tried and tested tips for the terrified male shopper

It's a well known fact: Most men hate holiday shopping.

The staff and readers at RedFlagDeals.com, Canada's largest shopping information and bargain hunting website, have put together a list of tips that will help men everywhere stay sane during the craziest shopping time of the year.

Plan Your Attack

When shopping, make like a ninja — get in and out before anyone knows you are even there. If you must go to the mall, prepare in advance. You should know what you're looking for, how much it costs, and where to get it before you leave the comfort of your home. When shopping online, shipping times will vary, so expect orders to take at least a week or two to arrive.

Tune Out

Bring your MP3 player with

you when you go shopping. Your music may not be festive, but at least it won't drive you crazy.

Shop Online

They have shopping on the Internet now? The third tip is the most obvious: shop online. You'll save money, avoid the crowds, and find multiple gift ideas with the click of a button. Browse your favourite stores online. You'll save a lot of time by comparing price, availability, and reviews of products on the Internet.

Support the Trend

If you're stuck for ideas, find out what other people are getting your shopping target and get them something that compliments that gift. Is someone getting them skis? Buy them ski goggles and ski wax.

NEWS CANADA







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Make it glitter

Glitter Stenciled Ornament

The holidays are all about traditions and nostalgia, and what better way to create new memories then by making ornaments your family can hang on the tree year-after-vear.

Creating vintage inspired looking decorations with a modern twist is easy and makes for a great family-friendly proj-

Not only can each ornament be personalized but they make for thoughtful and inexpensive gifts.

For more festive craft ideas go to hgtv.ca/holiday.

Materials

- Plain white ornament
- Ornament glue and
- Glue gun and glue gun
- Various colours of glitter
- Ribbons and trim
- Pencil and eraser



Instructions

To start, remove the metal top of the ornament.

Next, measure and divide the ornament into eight sections and mark the sections with a pencil.

simple Create shapes/designs within each section and outline them using a pencil.

Then, brush every other section with glue and sprinkle one colour of glitter on the wet glue. Now let the glue completely Once the glue has dried, repeat the same process using a different

colour of glitter until you've covered each section of the ornament.

Then, using your glue gun, glue trim or ribbon to the edges of each section.

Finally, secure the metal top to the ornament and attach ribbon for hanging CONTENT COURTESY OF HGTV.



For those without a Metro the forecast calls for "I dunno," with a slight chance of "huhhhh?"





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Gifts with a bite

This year, give these items to make your pet or pet owner a little happier



Pet people love splurging during the holiday season. And why not? Shopping for a pet — or pet owner can be fun. Splurging doesn't need to be all glitz and no function.

In our home the holidays are a time to inspect toys, leashes and collars and replace any that show signs of wear. Thankfully this year manufacturers are offering a wide array of innovative products that make life with pets easier, safer and a lot more

DOGS

Chew This by This & That — naturally shed deer antler chews.

Dogs love to chew. Deer antlers are an alternative to traditional bones. This line is 100 per cent natural and 100 per cent digestible. Unlike many chew products it

does not turn mushy or the dog to be seen from all leave smelly stains. It's long-lasting and suitable for

power chewers. Available

pet supply stores or thisand-thatcanine.ca. Price ranges from \$12 to \$30 depending on size. Glowdogaie - Ger

engineered glow collar

Collars that light up are nothing new but Glowdoggie has some serious bells and whistles. A sensor automatically turns the product on and off. The product is waterproof — perfect for families who

love to camp. Light is emitted from all sides of the collar allowing directions. It also al-

coming

torists to see pets and their people during walks.

Available glowdoggie.com. Approximately \$49.99

CATS

Skinneez by Spot — stuffing free, cat-nip filled tovs.

This line provides a wide assortment of animal shaped toys. They will appeal to cats that like to carry around their, "prey." The skunk and squirrel are particularly appealing. Bushy tails combined with catnip bring out the hunter in your feline. The absence of stuffing allows cats to grab, drag and carry the toy

with ease

Available at pet supply ethicalpet.com, click on cat products

menu 2009. Price ranges from \$3 to \$5.

Play-N-Squeak — interactive cat toys

This toy provides great interactive play with owners. Some come with finger bands allowing owners to lure and tempt their kitties into play mode. As cats pounce on the toy, it emits realistic electronic

mouse sound - enticing cats to play even more.

Available at pet supply stores and at playnsqueak.com, go to products, and scroll through mouse toys. Price ranges from \$5 to \$10.

GIVE BACK

Remember that not all animals have the luxury of getting gifts. Some don't even have homes. Help those in need by making a donation to an animal shelter. If money is not an option, many shelters will gratefully take used but clean towels, blankets and pet supplies.

Shelters and rescues also benefit when you purchase gift items directly from them. You can find unique gifts at their local fundrais-

Pet owner's facing economic hardships may also welcome a gift certificate for pet food. Amd remember that not all gifts cost money. Offer to walk a pet for someone who is elderly. ill or injured.

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Your Choice \$15 each Save up to 83%

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Selection may vary by location. Come Early for the best selection. Sorry, No Rainchecks.

Bath and beauty gifts for her



Clarisonic Mia, \$189 ing system buffs and insave money on facials might appreciate.

• Spoil your lady with pampering gift ideas from Janine Falcon



Kerastase Chronologiste Treatment, \$75

Along with giving her gorgeously shiny hair, the service includes a killer, 30-minute melt-into-apuddle head massage. 1-866-kerastase for salons



Bobbi Brown Modern Classic Palette, \$85

Beauty indulgences such kit of pretty eye shadow Very much. Holt **Renfrew**



Aromachology Custom Candle Collection \$50

Bathtime is sacred, especially when there's a lock on the family bathroom door. Aromatherapeutic candles to suit the mood sweeten the experience. myaromachology.com

Airplus Spa Footies,

A little footsie TLC can go a long way. Infused with aloe and vitamin E, cosy



Blend Lipstick \$52

A divinely chic lipstick is a makeup must-have, a bit of fabulous for her purse that makes her think of you every time she uses it. Holt Renfrew

What did you get this holiday season?

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Give the gift of flavour

Make spice rubs, homemade mustards for friends

Creative spice blends and condiments can add plenty of Wow!-inducing (but lowcalorie) flavour to low-fat foods. And since the holidays are upon us, why not make some of these to give as gifts? Plus, most of them are affordable and easy to make.

Dry flavouring blends can be made either by mixing pre-ground herbs and spices or grinding whole spices in a blender, food processor or clean coffee grinder.

For example, try garam masala, a common Indian spice blend that can be used for curries, a meat rub or even to season pop-

To make a 250-ml (1 cup) batch, combine a crushed 12-cm (5-inch) cinnamon stick with 60 ml (4 tbsp) each of black pepper-

corns, cardamom seeds, coriander seeds and cumin seeds, plus 10 ml (2 tsp) each of whole cloves and grated nutmeg. Toast in a large dry skillet over medium heat until fragrant, 8 to 10 minutes. Let cool completely, then grind, in batches if necessary. The blend can be packaged in decorative spice jars or

small plastic gift bags.

This recipe for citruscaraway mustard can be prepared in about 10 minutes and makes four 125ml (4-oz) jars. If you like, you can include a recipe you can include a recipe card with suggestions for using this sweet and savoury condiment on sandwiches, as a dip or as a coating along with some panks breadcrumbs for park to a coating or hope. pork tenderloin or boneskinless chicken

Citrus-Caraway Mustard

Start to finish: 10 minutes (10 minutes active) 30 ml (2 tbsp) caraway seeds 375 ml (1 1/2 cups) countrystyle Dijon mustard 125 ml (1/2 cup) orange marmalade 10 ml (2 tsp) freshly grated lemon zest Four 125-ml (4-oz) jelly jars with lids

Using a mortar and pestle or a spice grinder, coarsely crush caraway seeds. Transfer to a mixing bowl.

Stir in mustard, mar-malade and lemon zest. Whisk to blend thoroughly. Transfer mustard to jelly jars and cover tightly with lids. Store in refrigerator for up to 6 months.

Makes about 500 ml (2 cups).

THE CANADIAN PRESS





Herd dominate Bathurst in win

The Halifax Mooseheads snapped a number of frustrating slumps in convincing fashion last night in Bathurst, N.B.

Rookie goaltender Anthony Terenzio posted his first career shutout in just his 16th appearance and rookie forwards Luca Ciampini and Darcy Ashley scored two goals apiece as the Mooseheads dumped the host Bathurst Titan 5-0.

It had been almost 26

full months - and 158 games - since the Mooseheads' last shutout back on Oct. 17, 2008.

The Mooseheads also shook off a four-game losing streak and scored more than three goals for the first time since Nov. 19.

"It was a really good win and it was nice our players got rewarded," said Mooseheads head coach Bobby Smith, who praised his team's efforts on the weekend after losses to the



nationally-ranked John Sea Dogs and Quebec Remparts.

"We really did play two

excellent games on the weekend and came out on the wrong end of the score, but we played an-other excellent game tonight and it went our

Terenzio, returning from injury and making his first start since Nov. 26, made 27 saves, while the Mooseheads went five-for-

five on the penalty kill.

"We killed penalties very well, but Anthony some excellent

saves," Smith said. "He gobbled up rebounds, caught the puck and had a good, solid game.

Carl Gelinas had the other goal for Halifax, snapping an eight-game goalless drought.

The Mooseheads, 11-23-0-1, are back in action on Friday on the road against Moncton Wildcats. They host the Titan on Saturday before breaking for the holidays.



Sports news

Walter Gretzky

Wayne Gretzky's leg-endary father has been added to the head table for the **Canadian Progress** Club's 39th annual celebrity dinner on Feb. 3, 2011, at Cunard Centre. Former hockey stars Jeremy Roenick and Jean Beliveau are among the others on the guest list.





Andrew Gordon The Porters Lake native was recalled from the American Hockey League yesterday by the Washington Capitals for the second time in the past week. Gordon, a 24-year-old forward, played his fifth career NHL game last night and logged five minutes, 43 seconds of ice time in the Anaheim Ducks.

Rainmen hope to feed off home fans

Already 1-0 in exhibition play, the Rainmen to hit court at Metro Centre for first time since April



The Metro Centre is expected to be as packed tonight as it's ever been for a Halifax Rainmen game.

Although it's only a remier Basketball Premier pre-season tilt League against the Saint John Mill Rats, Rogers Communications has already handed out 9,600 complimentary tickets for the Rainmen's first home game in more than eight months.

The ticket giveaway put a franchise record 6,780 fans in the stands last year, and forward Eric Crookshank — one of two returning players on the roster — has already been telling his teammates what to expect.

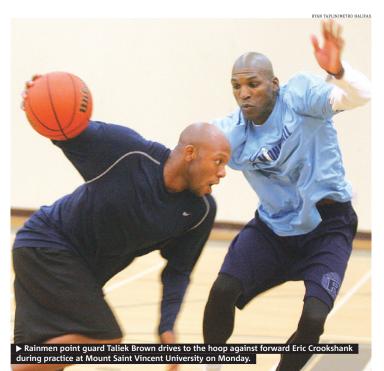
"You won't find fans like this anywhere in this league," Crookshank said. "I told them, once you get out there, your game will elevate to a whole other

The Rainmen will hold a pre-game ceremony to retire the popular No. 45 jersey of the late John Strickland, a former fan favourite who died earlier this year.

"It's going to be an emotional night," Crookshank said.

Although Crookshank cautioned there will be some pre-season rust, the Rainmen still hope to make an impression on the large crowd.

"Our main focus is to get the victory and to play hard," Crookshank said. "If we do that, the prod-uct will sell itself."



Huskies hope to build around local QB



The Saint Mary's Huskies feel Jesse Mills is a quarter-back they can build around.

The four-time defending Atlantic University Sport football champions have recruited the Halifax native and Citadel Phoenix star in the hopes he will one day lead them back to the Vanier Cup.

"He's going to be a real good one, for sure," said Huskies head coach Steve Sumarah.

"The best thing he brings to the table is his arm. He can make the throw to the wide side of the field and he's already got all of the throws you need (at the CIS level)."

The six-foot-three 215pounder tossed 38 touchdowns and piled up almost 2,900 yards in 10 games this season and is unbeaten as a high school starter.

Although it appears that Huskies 2010 starter Micah Brown won't be able to return because of new eligibility rules, Sumarah said he's not anointing Mills the team's 2011 Week 1 starter at least not yet.

"I wouldn't dare put that kind of pressure on him," Sumarah said

"If he's the best guy, he's the best guy, but it takes time. It's a tough position

You have to walk into huddle and command respect from veteran players and when you're a first-year guy, that can be a tough chore.

The Huskies went 5-3 in 2010 before falling 35-8 to the Calgary Dinos in the national semifinal. They haven't been to the Vanier Cup since 2007.

MATTHEW WUEST

Family first for Phaneuf

How Dion Phaneuf will feel about wearing a Maple Leaf jersey in Calgary is a mystery.

Calgary is a mystery.
The Maple Leafs
practised at the
Scotiabank Saddledome
yesterday without their
captain. He had flown to
Prince Edward Island for
the funeral of his
grandmother, Roma, who
died Saturday at age 83.

Head coach Ron Wilson said Phaneuf would return to Calgary last night.

Once the future of the Flames' blue-line, Phaneuf will play his first game in Calgary tonight since he was dealt to Toronto on Jan. 31 in a multi-player deal.

Leafs forward Kris Versteeg provided some levity at practice by wearing a Phaneuf mask on his face during warmup. He mimicked Phaneuf's warmup routine and shooting style.

"Hopefully, when he sees it, he laughs," Versteeg said.

Phaneuf's reception at the Saddledome will likely be mixed. He didn't ask for a trade and showed rare genuine emotion when he was dealt. Phaneuf generated offence from the back end, delivered highlightreel hits and gave the club star power. But his defensive laps-

But his defensive lapses, which could be forgiven earlier in his career, became more glaring and frustrating his fourth season in the league.

That, combined with a drop-off in his offensive production, made him a polarizing figure for Flames fans.

THE CANADIAN PRESS



Size matters at world juniors

Team Canada picks big bodies to stack up against Russia, U.S.
'We'll go after teams with our size and work really hard': Head scout

Canada's world junior hockey team may not include any big names but it certainly has some big players.

Coach Dave Cameron and the Hockey Canada staff named their 22-man squad yesterday and it features plenty of beef up front and on defence. Five of the seven defencemen and seven of the 13 forwards are six foot two or bigger. That's not counting winger Marcus Foligno.

who is listed at six foot one and a half.

"You don't realize it until you stand beside them, but this is a big team," said Kevin Prendergast, the former Edmonton Oilers executive who is now head scout for Canada's national teams. "We're going to need it.

"The Americans are going to be huge and the Russians will be strong. That's why we (also) went with the older guys."

Number of blue-liners on the team shorter than six-foot-two:
Ryan Ellis and Tyson
Barrie, who are both

five-foot-10.

Cameron and his staff were up past midnight making decisions on which final nine players to cut from a three-day selection camp. The result was a team short on players with star power, like Taylor Hall last year or John Tavares the year prior, but one that they hope can score goals as well as play a hardworking, physical game at the world under-20 championship that begins Dec. 26 in Buffalo.

Canada opens the tour-

Canada opens the tournament with a Boxing Day clash against Russia.

Forward Brayden Schenn, one of four players returning from last year's silver-medallist team, said being dubbed blue collar doesn't mean they sacrifice skill or the ability to score goals.

"It reminds me of a team I played on in the under-18 (world championship) with (Jordan) Eberle," said Schenn. "We went to Russia and they said we didn't have much skill or firepower and we came out and beat Russia 8-1 in the

gold-medal game." Schenn and defenceman Ryan Ellis, who is back for a third straight world junior tournament, are likely the leading candidates to be named captain after the team shifts its base to Niagara Falls tomorrow.

Both were in central positions in the front row as the team photo was taken, and Cameron said it hinted that the four returning players, including defencemen Jared Cowen and Calvin de Haan, would have letters on their jerseys.

A surprise pick was sixfoot-four Simon Despres of the Saint John Sea Dogs, who rebounded from a weak start at camp to clinch the seventh spot ahead of gifted 17-year-olds Ryan Murray and Ryan Murphy.

The muscle up front comes from Ryan Johansen of the Portland Winterhawks, tough Zack Kassian of Windsor, Quinton Howden of the Moose Jaw Warriors, Curtis Hamilton of the Saskatoon Blades, Carter Ashton of the Tri-City Americans and Brett Connolly of the Prince George Cougars.

THE CANADIAN PRESS

Baseball legend Feller dies

Bob Feller, the Iowa farm boy whose powerful right arm earned him the nickname "Rapid Robert" and made him one of baseball's greatest pitchers during a Hall of Fame career with the Cleveland Indians, has died. He was 92.

Feller died at 9:15 p.m. last night of acute leukemia at a hospice, said Bob DiBiasio, the Indians vice-president of public relations.

Remarkably fit until late in life, Feller had suffered serious health setbacks in recent months. He was diagnosed with a form of leukemia in August, and while undergoing chemotherapy he fainted and his heart briefly stopped. Eventually, he underwent surgery to have a pacemaker implanted.

In November, he was hospitalized with pneumonia and Feller was recently released into hospice care.

Even as his health deteriorated, Feller continued doing what he loved most — attending Indians games deep into last season.

"Nobody lives forever and I've had a blessed life," Feller said in September. "I'd like to stay on this side of the grass for as long as I can, though. I'd really like to see the Indians win a World Series."

Feller, in fact, was part of the rotation the last time the Indians won it all — in 1948.

Fiercely proud and patriotic, Feller was an American original. He won 266 games during 18 seasons — all with the Indians, who brought him up to the majors as a 17-year-old. Feller's win total remains a Cleveland team record, one that seems almost untouchable in today's free-agent era.

Feller was part of a vaunted Indians rotation in the 1940s and '50s with fellow Hall of Famers Bob Lemon and Early Wynn. He finished with 2,581 career strikeouts, led the American League in strikeouts seven times, pitched three no-hitters — including the only one on opening day — and recorded a jaw-dropping 12 one-hitters.

His numbers would no doubt have been even greater had his career not been interrupted by the Second World War.

THE ASSOCIATED PRESS

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Crossword

Across

- 1 Makes a decision 5 Blond shade 8 Old fogy
- 12 Tree anchor
- 13 out a living
- 14 Grand story
- 15 Chimney channel
- 16 Sermon subject
- 17 Small change
- 18 Precede 20 New Look de-
- signer
- 22 Documented evi-
- dence, maybe
- 26 Lays an egg
- 29 Insult
- 30 Attempt
- 31 Queue 32 Snapshots, famil-
- iarlv
- 33 Active one 34 Check-casher's
- pair 35 Morsel
- 36 Handbag
- 37 1973 movie set at Harvard, with "The"
- 40 Apple computer 41 Orange or grape-
- fruit
- 45 Land measure 47 Frequently
- 49 Small pie
- 50 No stay-at-home
- 52 Therefore
- 53 Vortex
- 54 "— the ramparts
- 55 Profound

Down

1 "Carmina Burana"

- 14 15 16 17 18 19 20 21 23 25 27 28 29 26 32 33 34 38 39 40 43 45 46 48 47 49 51 52 54 55
- 2 Game on horseback
- 3 Go sightseeing 4 Spire
- 5 Man of morals?
- 6 Schuss 7 Rocker Jimi
- 8 Interior designer's concern
- 9 One at the switchboard
- 10 Cacophony
- 11 Calendar abbr. 19 Petrol
- 21 "Monty Python"
- starter

- 23 Archie's wife 24 Enrages
- 25 Orpheus' instru
 - ment 26 Buy, remodel and
- sell 27 Verdi work
- 28 Brilliant
- 32 Flute's kid brother 33 Sang with some
- 35 Support of a sort
- 36 Omega preceder 38 Abrasive powder
- 39 Thespian
- 42 Exceptional
- 43 Incite

Sudoku

3						4	8	
	8	7			6			
		9			1	7		
7				3			5	
	9	8				1	2	
	3			2				4
		6	9			8		
			4			5	1	
	1	5						6

Friday

How to play

Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4°/-5°

Partly cloudy

5	4	9	7	2	8	3	1	6
3	7	1	5	9	6	2	8	4
8	6	2	1	3	4	7	5	9
1	5	3	9	4	2	6	7	8
4	9	7	6	8	5	1	3	2
6	2	8	3	1	7	4	9	5
7	8	5	2	6	3	9	4	1
9	3	6	4	5	1	8	2	7
2	1	4	8	7	9	5	6	3

0°/-4°

Partly cloudy

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

We had a marvelous anniversary, Francine, and I thank God vou're in my life. I love you with all my heart and look forward to many, many years of being your partner and helpmate. LOVE YOUR OLE WILL.

Tati and Jodi Podi. You are both my sunshine & make my hardships worthwhile. I love you forever and always

Baby Bear thanks for never giving up on me. You are everything I have and need. You were the one since the beginning. I truly am lucky to have you. TE AMO, NANITA

You're amazing, Vivian. Please don't change because I wouldn't want to be with anyone else! U add meaning to my life. If you held up 11 roses, you would be looking at 12 of the most beautiful things in the world. LOVE ALWAYS, JEREMY

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Today's horoscope

T Aries March 21-April 20

Watch what you say and do today. Your words and actions may seem perfectly reasonable to you but some people are sensitive to being given advice nevermind criticism.

¥ Taurus April 21-May 21 Resist the urge to act on impulse today, especially if you are bored. If you act without thinking, the consequences could be unthinkable. Don't be rash it's not worth the risk.

II Gemini May 22-June 21

Sometimes you can be too emotional and sometimes you show no emotion. You will feel both extremes over the next 24 hours. Be careful your uneven feelings don't jeopardize an important relationship.

Gancer June 22-July 22 You take life's duties seriously, but sometimes you are too severe in your reactions and make it hard for people to know the real you – the fun you. What happens today is not important, don't look so glum.

will be easy for you to reach your will. But do you need to be so forceful? Probably not. You're pretty good at friendly persuasion, too.

MP Virgo Aug. 24- Sept. 22 Why do you feel guilty about some thing that wasn't your fault? At the most, you played a minor role. Stop beating yourself up and next time be more cau-

out to the world and bend it to

tious with whom you team up.

For today's crossword answers and for

44 Halt 45 Time of your life?

46 Food fish

48 Adversary

expanded horoscopes, go to metronews.ca

 ← Libra Sept. 23-Oct. 23 Travel and social plans may change at the last moment today. Of course, you won't be happy about it. Fortunately, your schedule is flexible, so don't fume about it for too long. You'll still have a great time.

M Scorpio Oct. 24-Nov. 22 Make sure you know all the facts before making a financial decision. You may have too rosy a view of how much money will be coming. Don't

plan on too much going out.

→ Sagittarius

Nov. 23-Dec. 21 You're moving so fast that you think you're invincible. Mistake! There is an object ahead and if you don't take evasive action, there could be a crash. Slow down.

り Capricorn Dec. 22-Jan. 20

Common sense should tell you that what you are worrying about is not worth the effort. Even if the worst happens, it's not the end of the world. Stop worrying and start living.

~ Aquarius Jan. 21-Feb. 18 Is it wrong to be happy when other people are sad? Of course not! You are not responsible for their emotions, so laugh as much as you like. They'll want to follow.

H Pisces Feb. 19-March 20

Keep things simple today. Your life is complicated enough without adding more to the mix. Focus on the one thing that really matters and put everything else out of your mind. SALLY BROMPTON



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro



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